Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

LIBRARY
RECEIVED
★ DEC 18 1942 ★
U. S. Department of Agriculture

homemakers' chat
FOR USE IN NON-COMMERCIAL BROADCASTS ONLY
U. S. DEPARTMENT OF AGRICULTURE

Friday, November 13, 1942.

SUBJECT: "WAYS TO MAKE THE MOST OF MEAT." Information from home economists of the U. S. Department of Agriculture.

--ooOoo--

Calling all "Quartermasters" of the kitchen...calling all guardians of the home larder...for a talk about your part in your country's share-the-meat program.

Yours is an important new assignment. It's to map out your home campaign for sharing the meat. It's part of your all-out for Victory. It's both patriotic and fair to get into step with sharing the meat. As home economists of the U. S. Department of Agriculture point out, sharing the meat is a matter of planning with care, and using imagination when you cook and serve.

As you probably know, the sharing allowance of meat is 2 and one-half pounds a week of beef, pork, veal, or lamb for every person over 12 years of age. For each child from 6 to 12, the allowance is 1 and one-half pounds each week. And for a child under 6, it's three-quarters of a pound. The allowance is figured "bone-in."

As you also probably know by now, it's best to go marketing for meat with an open mind and not decide too definitely what you want beforehand. The store may be out of a certain cut.

It's also best to buy your meat first when you go marketing. Then build your meal around the kind of meat you get. Or, if you plan a menu before you go to market, plan it to fit any one of several kinds of meat.

Once your meat is home, make sure it has no chance to spoil. Put meat - and poultry, too - in the coldest part of your ice-box or other cold storage place. A temperature of 45 degrees Fahrenheit, or lower, is best. If you have ground meat, store it extra cold, and use it soon.

These wartime days will see many a retired cook book go on active duty in the hunt for meat recipes. But when you go a-hunting recipes, look for those that make

the most of meat. By that, I mean the most in food value and flavor, too.

Then, when you come to cook meat, be sure to do it the modern way. That is, cook with moderate heat until the meat's done...and no longer. That way, your meat is more tender. It tastes better, too. And it's thrifty because meat cooked at moderate heat shrinks less - so there's more left to serve.

These are days to "stretch" our meat supplies...make every bit go as far as possible. And, just for a starter, here are a round dozen ways suggested by home economists of the U. S. Department of Agriculture.

First, let's take stuffing - a good "extender" for a boned roast, like a shoulder of pork or lamb. The stuffing fills in the space left when the bone was taken out. Stuffing helps the servings go farther. Stuffing does the same for a bony cut, like spare ribs or breast of lamb. For stuffing, you can use bread crumbs, cooked rice, a mashed potato...and season as you like. So stuffing meat is one way of "stretching" meat.

Another stretcher is a tempting baked dish of sausage, apples, and cabbage. Put the raw cabbage and apples in alternate layers in a baking dish. Fry sausage cakes, and lay them on top. Add a tablespoon of vinegar to the sausage fat, and pour it over all. Cover, and bake until cabbage and apples are tender. With this dish you need only potatoes, baked along with the sausage dish, to round out the main course.

Then there's curry of meat. You can make curry of any kind of meat, or of poultry, or fish. Curry dishes have an oriental touch. Here's one that makes a little meat go a long way. To make it for 6 people, cook 1 sliced onion in 3 tablespoons of meat drippings or other fat. Add 3 pints of sliced tart apples or green tomatoes, cover, and cook 'til tender. Then add 3 cups of chopped cooked pork, lamb, veal, or beef, and heat thoroughly. If the mixture's too thick, you can thin it with meat broth, gravy, or water. Season with curry powder and salt, and serve with flaky boiled rice, or noodles.

Well, there are 4 ways to "stretch" meat. A fifth way is stew. Just a pound of raw lean meat with vegetables makes enough stew for 6 people. Another suggestion...you can make stew into meat pie by giving it a crust. Another dish for stretching meat is meat loaf, a good user of cheaper cuts of meat. And don't forget that meat loaf, sliced cold, makes a perfect filling for sandwiches.

And then, you know, you can use more of the variety meats -- liver, heart, kidneys, toungue, brains. These meats, most of them extra high in vitamin value needn't be included in your meat-sharing arithmetic.

A rich meat and vegetable soup, almost a meal in itself, is another dish that makes meat go far. And ground beef broiled on toast, a dish that catches every drop of the flavorful meat juice.

A good way to use left-over cooked meat is to make it into meat turnovers. If you pack a lunch box, you'll find meat turnovers a pleasant change from sandwiches. The last of the dozen ways to stretch meat is savory meat on toast, another good user-up of left-overs. Here's how to prepare it:

First, cook sliced onion and chopped celery and leaves in a little fat for a few minutes. Then add cooked tomatoes and let it all cook about 20 minutes. If the mixture's too thin, add flour mixed to paste with cold water, and cook a little longer until it's smooth and thickened. Then add chopped cooked meat. If you're fixing for 6 people, you'll need about a cup and a half of chopped cooked meat. Heat thoroughly. Season with salt and pepper. And serve hot on crisp toast.

Well, that winds up our talk for today. Remember to make the most of all the meat you have. It's thrifty. It's patriotic.

LIBRARY
RECEIVED
★ DEC 18 1942 ★
U. S. Department of Agriculture